



ARE YOU LOOKING FOR A WAY TO CHANGE YOUR HEALTH?

If you have **prediabetes** or are at risk of **developing type 2 diabetes**, the **Diabetes Prevention Program**—at the Mary Greeley Medical Center—is the **free support** you need to turn your health around.



**LOSE WEIGHT &
GAIN STRENGTH**



**BECOME HEALTHIER
OVERALL**



**LEARN HEALTHY
EATING HABITS**



**REDUCE RISK OF
TYPE 2 DIABETES**

TURN YOUR HEALTH AROUND—JOIN THE FREE PROGRAM TODAY

Medicaid Members: Call (515) 956-2880 to learn more or to enroll in the Diabetes Prevention Program (PreventT2) at the Diabetes and Nutrition Education Center at Mary Greeley Medical Center.

“I tried so many things before, but without the program, I would never have done this on my own. I had done every single thing out there that I could think of.”

—Debbie, Former PreventT2 Participant

HOW THE PROGRAM SUPPORTS YOU

- Trained Lifestyle and Health Coaches
- Community Connectedness with Group Discussion
- Tools and Resources for Self-Paced Learning
- Weekly Support for the First 6 months
- Monthly Support for the Final 6 months



STATE OF IOWA
DEPARTMENT OF
**Health
AND
Human**
SERVICES



Mary Greeley
MEDICAL CENTER
Diabetes & Nutrition
Education Center

